

ABSTRACT OF THE DISCLOSURE

A treadmill with front and rear inclination adjustment unit, including a base seat having two support arms, a tread platform mounted between the support arms and an inclination adjustment unit disposed between the tread platform and the base seat. The inclination adjustment unit has two symmetrical ascending/descending members and a telescopic rod. First ends of the ascending/descending members are respectively pivotally connected with inner sides of bottom ends of the support arms. Second ends of the ascending/descending members are respectively pivotally connected with two sides of front end of the tread platform. A connecting seat is disposed at a middle section of the transverse beam. The connecting seat has a connecting end extending in the same direction as the second end of the ascending/descending member, whereby the connecting end and the second end are positioned on the same side. The connecting end of the connecting seat is pivotally connected with one end of the telescopic rod. The other end of the telescopic rod is pivotally connected with a caster rack under the bottom of the rear end of the tread platform.